

NH Veterans Home Wellness Coordinator Receives “Above and Beyond” Award.

TILTON, NH – Sandy Valtz, RNC, Wellness Coordinator at the New Hampshire Veterans Home (NHVH) in Tilton, recently received the Home’s Above and Beyond Award. The award was created to recognize employees who are committed to excellence and superior performance.

According to Melissa Milione, NHVH Human Resources Director, “Governor John Lynch launched the State of NH Employee Wellness Program in 2006, with a mission of promoting health and wellness for NH State employees. Sandy Valtz, who was the NHVH Infection Control Nurse at the time, agreed to represent the Home, and has done a wonderful job. Some of her initiatives have included weight loss programs, smoking cessation, salad bar day, and blood pressure monitoring checks.” Sandy’s duties also include staff education as well as coordination of speakers and programs on wellness topics.

Valtz, who has worked at the Veterans Home for nineteen years, says, “I love working here, and am delighted to be focusing entirely on wellness. I want to inspire people to learn how to take care of themselves; to get rid of unhealthy habits and replace them with healthy ones.”

Valtz was nominated by her co-workers for the award. Some of her fellow staff said, “Sandy has a way of turning ideas into reality by being enthusiastic in a creative way. Her health awareness

programs help keep our staff healthy and happy...she always gives 110%....She shows compassion and empathy to all residents, staff, volunteers, and visitors. She has a generous heart!”

Valtz lives in Belmont with her husband, Jim, and his Boston Terrier, Penelope. In her free time, she enjoys watching craft and decorating programs. She is looking forward to making heritage scrapbooks for her children. She has a son, a daughter-in-law, a daughter, a son-in-law, and three grandchildren, all of whom live in Tilton. Sandy keeps busy with her stamping hobby and participates with her husband in craft shows. Sandy has donated a large craft bag and stamping supplies for residents’ use at the Veterans Home.



*Sandy Valtz, RNC, Wellness Coordinator at
the New Hampshire Veterans Home in Tilton*

Of her work at the Veterans Home she says, “Being well and staying fit are lifelong challenges. We’re hoping to provide more opportunities for stress management, fitness training, walking, and healthy eating. Obesity is a dangerous condition that can lead to increased blood pressure, joint damage, and diabetes. We want our staff to get active, stay active, and feel good.”

The New Hampshire Veterans Home was established in Tilton in 1890 as the Soldier’s Home for Civil War Veterans. NHVH is home to 200 men and women who have served their country and fellow New Hampshire citizens. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State’s elderly and disabled veterans.